



Versatile Salsa Verde

1 c. fresh herbs, roughly chopped parsley (try combining parsley with dill or basil, or thyme, or rosemary, or oregano or cilantro)
1 clove garlic, minced
1 anchovy fillet, finely chopped or 1 tsp. anchovy paste (opt)
1 Tb. capers, finely chopped
2 Tb. lemon juice
1/4 c. extra virgin olive oil
Salt and pepper to taste

Mix everything together in a small bowl and taste for seasoning. Makes 1 1/2 cups. Serve with grilled meat or seafood, sheet pan meals, dollop on soups or use your imagination...

Spicy Peanut Dipping Sauce

3 Tb. natural peanut butter
2 Tb. lower sodium soy sauce
1-2 Tb. brown sugar or honey
2 Tb. lime juice or rice vinegar
1/2- 1 tsp. chili garlic sauce or dash of Siracha (opt)
2 tsp. fresh ginger, minced
Hot water to thin

In a small bowl combine all ingredients and thin to desired consistency. Drizzle 2 Tb of sauce over noodle or rice bowls garnished with crunchy veggies, cilantro, scallions and chopped peanuts or sesame seeds.



Fresh Fruit Salad with Mint, Lemon Balm and Orange Juice Dressing

In a large bowl combine your favorite combination of fresh fruits (like melons, pineapple, stone fruits and berries). Rough chop mint and lemon balm or lemon verbena leave and drizzle with fresh orange juice.

